

Exhibit

F

Monday, July 7th		Week 1 Expectations
Katie 8 10am [1]	Name tags and shirts	Complete scavenger hunt
	Time clock	Set up schedule in PT App
	Club Walk Thru and Introductions to staff	Spend as much time as possible in the club
	Setup email, email signature and PT app	Meet your Mentor
	Login to Ultipro, EGU and wifi	
	PT compensation structure	
Mike 10 11a	FTB bonus SOP	Manager Checklist:
	Ramping schedule SOP	Complete IS verification
	Characteristics for Success	Make copies of certs, degree, CPR/AED
	Etiquette and expectations	Upload certs to Ultipro
	Floor Shift SOP	Add to email distribution list
	Floor Shift Schedule and Coverage	Create folder in club program folder in Shared Drive
Mike 11a 12p	Floor Shift Expectations	Send intro email to the staff
	Opening & Closing Duties	
	Special Events & Lead Gen	
	EFTN Policies and Expectations	
	Personality Assessment	
	Katie 12:30 1:30pm	
Katie 12:30 1:30pm	Experience the Equitt	
	Simon Sinek Start with the Why	
	Video The Elevator Pitch	
	Video Professionalism for Tier 1	
	Homework Scavenger Hunt; Write your elevator pitch	
Tuesday, August 8th		
Katie 9am 11am	FMS Theory & Execution	
Video 12 1pm	Intro to the Equitt	
Mike 2 3p	Understanding the Process	
Mike 3 4p	Breaking down the EQF- Use service & hospitality booklet	
Video	Metrics & Data	
Video	FMS Theory & Execution	
Homework	Schedule a time to do an EQF on Mentor for Day 4	
Wednesday, August 9th		
Katie 9 10am	Finding the X Factor	
Katie 10 11:30am	Selling/ Overcoming Objections in the Equitt	
12 1p	Floorshift Meeting in the Boxing Studio	
Mike 1:30 2:30p	Identifying Personalities	
Mike 3 4:30p	Group EQF Practice	
Thursday, August 10th		
Video	Presenting the CPT	
Katie 9 10am	Role Play Presenting the CPT	
Video	Presenting the Macro Cycle	
Katie 10 11am	Role Play Presenting the Macro Cycle	
Video	Closing the CPT	
Katie 11 12pm	Role Play Closing the CPT	
Mentor	EQF Practice	
Friday, August 11th		
Mike 10 10:30a	What are you projecting?	
Mike 10:30 11:30a	Floor shift walk through and expectations	
Video	Owning the Rubber	
Mike	EQF Test Out- schedule beforehand	
Homework	Program for FM CPT	
Monday, August 14th		
Katie 8am 12pm	EQF Test Out	
Video	Intro to Program Design 1	
Video	Intro to Program Design 2	
Tier X	Group Workout- TBD	
Video	Intro to Program Design 3	
Video	Intro to Program Design 4	
Homework	Program for PTM CPT	
Tuesday, August 15th		
Mike 2hrs	Programming Practice	
Katie 2:30 4:30pm	Better Business Practices/ Understanding Your Business Metrics	
	Start Floor Shift	
Video	Intro to the EQX Programming Template	

Tuesday, May 9th		Week 1 Expectations
8-9:30am with Katie [1]	Name tags and shirts	Complete scavenger hunt
	Time clock	Set up schedule in PT App
	Club Walk Thru and introductions to staff	Spend as much time as possible in the club
	Setup email, email signature and PT app	
	Login to Ultipro, EQU and wifi	
	Etiquette and expectations	Manager Checklist
	PT compensation structure	Complete I9 verification
	Payout for sessions, EQF, CPT, guided workouts, meetings, floor shift, efti webinars, efti classes	Make copies of certs, degree, CPR/AED
10-11a w/Mike	Ramping schedule SOP	Upload certs to Ultipro
	FTB bonus SOP	Add to email distribution list
		Create folder in club program folder in Shared Drive
		Send intro email to the staff
	Floor Shift SOP	
10-11a w/Mike	Floor Shift Schedule and Coverage	
	Floor Shift Expectations	
	Opening & Closing Duties	
	Special Events & Lead Gen	
	EFTI Policies and Expectations	
1pm - 1:15 pm	Intro at Managers Meeting in the Yoga Studio	
	EQU videos to be watched by end of day: Service & Hospitality, Professionalism for Tier1 and Owning the Rubber	
	Homework: Scavenger hunt due by EOD Friday, 4/8	
Tuesday, April 4th		
9:30-10:30am	Equifit with Katie	
10:30-11:30am	Understanding the Equinox Member with Katie	
11:30-12pm	Review Day 1 videos with Mike	
	EQU videos to be watched by end of day: Intro to the Equifit	
Wednesday, April 5th		
9:30-10:30am	Equifit with Mike	
3pm-4pm	PT FORUM	
	EQU videos to be watched by end of day: Learning the Equifit, FMS Theory and FMS Execution	
Thursday, April 6th		
9:30-10:30am	Breaking down the EQF with Mike	
11am-12pm	FMS Theory	
12pm-1pm	FMS Execution	
	EQU videos to be watched by end of day: Equifit Execution and The Elevator Pitch	
	Homework: Write your own elevator Pitch	
Friday, April 7th		
9-10am	Equifit/ FMS practice with Mike	
	EQU videos to be watched by end of day: Metrics & Data and Overcoming Objections	
	Homework: Read the Equistretch Manual	
Monday, April 10th		Week 2 Expectations
11am-12:30pm	Overcoming Objections with Katie	Practice FMS Execution
10-11am	EQF/FMS Practice w/Mike	Perform minimum of 3 EQFs with senior trainers
	EQU videos to be watched by end of day: Intro to Equinox Program Design 1 & 2	Work 1 floor shift with a manager
Tuesday, April 11th		Meet with Mentor
2-3pm	EQF/FMS Practice	
11:30-12:30pm	Floor Shift Walk Through with Mike	Manager Checklist
	EQU videos to be watched by end of day: Intro to Equinox Program Design 3 & 4 and Program Design Concepts	Assign a mentor and meet to discuss
Wednesday, April 12th		
9-10am	Test out of Equifit with Mike, schedule training session with Mike	
12-1pm	Floor Shift Meeting in Yoga Studio	
	EQU videos to be watched by end of day: Intro to Equinox Design Template	
Thursday, April 13th		Week 3 Expectations
11am-12:30pm	Test out of Equifit with Katie, schedule training session with Katie	Week 1 meeting with mentor
	Homework: Program a comp session for Mike	Business Meeting with PTM
Friday, April 14th		- set April Action Plan
	Work a floor shift with co-worker	Program Design Meeting with FM
	Add to Floor Shift Schedule	

	Homework: Program a comp session for Katie	- programming practice			
	Monday, April 17th	Start on Floor Shift			
11am-12:30pm	Meet with Katie to discuss business				